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Policy owner: Chair of Student Experience
Committee

Student Mental Health Policy

Developed in collaboration with the AECC Students Union (ASU).

1. Vision/Institutional Statement on Mental Health Strategy

The World Health Organisation define Mental Health as a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Inclusive We welcome diversity as an essential component of a healthy society and an enriched educational environment. We strive to create a safe and accessible space where all students and staff feel they belong and can flourish as part of our supportive community. Our patient services are centred on the needs of each individual, delivered in an atmosphere of dignity and respect.

Collaborative To play our part in solving complex world problems we believe in the power of working together. Our multi-professional environment provides opportunities for collaborative working, interprofessional education and multidisciplinary patient care to benefit our students, staff and patients. We are small and specialist but together with our partners we can make a big difference.

3. Definition

For the purpose of this

4.2 Principles

The Key Principles which will maintain and improve mental health and wellbeing throughout the AECC University College community, are the following:

1. To encourage and enable all students, as members of the University College community, to take responsibility for maintaining their own good mental health.
2. To support students with physical or mental disabilities to receive all practical and financial assistance available to them and ensure that all reasonable adjustments are made to enable them to undertake their programme of study/work responsibilities on as similar as possible a basis as non-disabled students.
3. To offer to those students who declare a need for help with disability or mental health issues, early assessment, triage and signposting to self-help resources, group and peer support actions, to individual counselling, or to external specialist psychological services.
4. To focus on positive steps to be taken to anticipate and overcome psychological difficulties which may stand in the way of academic achievement.
5. To provide the interventions needed to provide the maximum impact while grounding the services in real-world resource and time constraints.
6. To deliver a well-publicised and comprehensive range of services to meet the needs within the student populations.
7. To manage the immediate risk to individuals, teams, and others, from students experiencing poor mental health and wellbeing, recognising that in the medium to longer term such risks should be managed by appropriately qualified NHS mental health professionals.
8. encourage a university-wide dialogue about mental health.
9. To plan for, and respond to, fluctuations in demand after arrivals, and at exam time, and throughout the year,
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5. Roles and responsibilities

5.1 University College responsibilities

The University College will:

Ensure students have access to its specialist student services who can support them with their mental health and wellbeing throughout their time at university. Where, in individual cases, student services believe that the mental-health or wellbeing concerns are sufficiently serious to warrant referral to an appropriate external medical or mental health professional or agency, the student will be encouraged and supported to avail of such help.

Report any behaviour you are concerned about to student services or a member of staff. If needed the student reporting the concern should also seek support from student services or a member of their course team.

6. Pre-Admission Information and Advice

AECC University College welcomes applications from prospective students who fulfil the academic entry requirements for undergraduate, postgraduate and professional programmes of study, and who may also have disabilities and/or mental health difficulties. The University College strives to ensure that all applicants with a declared disability or with mental health difficulties receive appropriate information and advice prior to entry which will help them to decide the most suitable arrangements for them.

6.1 Support for New and Continuing Students

Induction

As part of the induction process for new students, Student Services advertises and provides sessions open to all students on the nature and extent of support services available to them from Student Services

